

IMPACT REPORT

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Children's Mental Health Ontario
Santé mentale pour enfants Ontario

#KIDSCANTWAIT



5%

FUNDING INCREASE

MEANS MORE MENTAL HEALTH SERVICES FOR ONTARIO KIDS

2,500 MORE KIDS
WILL RECEIVE MENTAL HEALTH
CARE IN ONTARIO EACH YEAR!

MORE KIDS ARE GETTING
TREATMENT AS CHILD & YOUTH
MENTAL HEALTH CENTRES

- ✓ Expand their Services
- ✓ Retain Experienced Staff
- ✓ Increase Staff Training
- ✓ And more...

In 2018, the Ontario Government announced the 1st base funding increase for child and youth mental health centres in over a decade. This increase was the direct result of the combined voices of CMHO, our members and the public during our **#kidscantwait** campaign.

But this is only the beginning. Our advocacy work over the past few years has put CMHO at the forefront of kids' mental health. CMHO is at the table with the new PC government, bringing the voices of our members & Ontario families to light. Together we will make sure our government knows that **#kidscantwait** any longer.

“Community-based child and youth mental health agencies in Toronto are thrilled by the five per cent base budget increase. It is a renewed commitment towards our work and bringing about systemic change for infants, children, youth, and families who are in desperate need of mental health help. The investment ensures that our organizations and services are efficient, timely, and most importantly accessible.”

Deb Shime, Chief Executive Officer, East Metro Youth Services

“The recent 5% funding increase to core child and youth mental health services was a big boost to stabilizing and strengthening those services critical to supporting children and youth with mental health issues and their families. Not only can we reach more kids but we can provide best practices training to our staff and increase our ability to measure how our services are making a difference towards our clients achieving better life outcomes.”

Cathy Paul, President and Chief Executive Officer, Kinark Child and Family Services

#KIDSCANTWAIT 2018 ELECTION CAMPAIGN

For the past year, CMHO has been using #kidscantwait to tell the public and the government that our kids are waiting too long for mental health services. But for the 2018 Provincial Election, we kicked it into high gear and we got results.

TWITTER CHATS

20 million Twitter users were reached during CMHO Twitter chats in 2017-18. These chats have helped us get the word out about our #kidscantwait campaign by allowing us to raise the voices of Ontario families and letting the government know that kids' mental health is an issue voters are passionate about!

PARTNERS WE TRUST

To help raise our voices, we have been collaborating on our advocacy work with trusted partners like OACAS, CMHA, AMHO and more. This has enabled us to amplify our messaging and to coordinate our efforts in working with government.

AT QUEEN'S PARK

Our #kidscantwait campaign made it straight into the Ontario legislature for Children's Mental Health Week. After a year of MPPs raising child and youth mental health in the legislature, this was a tipping point for our cause. 70 of the sitting MPPs from all 3 political parties stood to show support for the kids can't wait campaign by taking pictures with CMHO's campaign signs. MPPs quoted CMHO stats in house, and youth advocates from The New Mentality and CMHO were invited to the legislature and question period.

POLITICAL PROMISES

The #kidscantwait campaign became a prominent issue during the 2018 election. Our 2018 Pre-Budget submission was directly quoted in both the Liberal and NDP election platforms, and we were one of only a handful of agencies directly referenced by the Progressive Conservative campaign.

THE RESULT

The new government pledged to invest \$3.8 B over the next 10 years into mental health. Premier Ford and Deputy Premier and Minister of Health and Long-Term Care Christine Elliott have publicly stated their intention to work with CMHO on the CYMH agenda. CMHO has been meeting frequently with government representatives since the election to discuss the urgent need for funding of child and youth mental health centres.

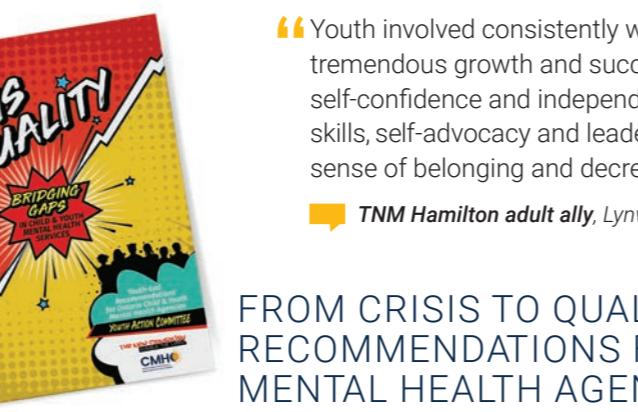


YOUTH ENGAGEMENT

THE NEW MENTALITY

Founded in 2007, The New Mentality (TNM) brings together youth who have lived experience to create a better mental health system for Ontario families. TNM co-creates, supports and facilitates youth-led change on a provincial scale. In 2017-2018, 195 youth were directly engaged in 21 local New Mentality Groups across the province and TNM projects reached 4,500 additional youth and community members.

THE NEW MENTALITY DISABLE THE LABEL

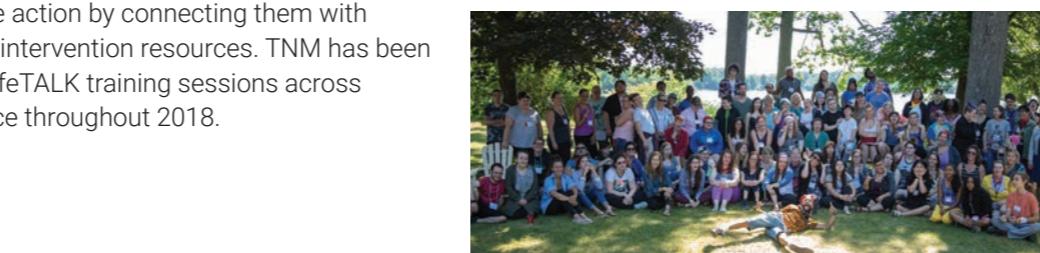


FROM CRISIS TO QUALITY: YOUTH LED RECOMMENDATIONS FOR CHILD AND YOUTH MENTAL HEALTH AGENCIES

TNM's Youth Action Committee has published a new paper with youth-led recommendations for how service providers can better meet the needs of youth in Ontario. This paper comes in response to a series of consultations held during 2017 with youth by youth and is meant to address one of the most pressing concerns, that quality care is often not available unless kids are in crisis. The Committee has also published a list of policy recommendations for systemic change.

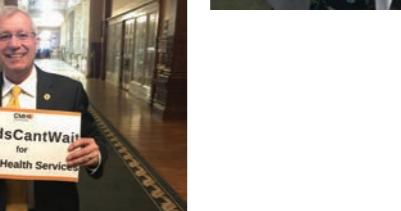
safeTALK, DISABLE THE LABEL

TNM hosts events and programs across the province including their annual Youth and Adult Ally Leadership Training Retreat, Disable the Label. Youth from across the province came together for the 11th year to make connections and to participate in skills development sessions that will help create change for youth mental health across the province. This included training in safeTALK, a program that teaches skills on how to talk to those struggling with thoughts of suicide and to take action by connecting them with life-saving intervention resources. TNM has been hosting safeTALK training sessions across the province throughout 2018.



“Youth involved consistently with TNM have demonstrated tremendous growth and success. This includes increased self-confidence and independence as well as improved social skills, self-advocacy and leadership. They typically report a sense of belonging and decreased mental health symptoms.”

TNM Hamilton adult ally, Lynwood Charlton Centre



SUPPORTING OUR MEMBERS

CHARTING A NEW DIRECTION FOR THE CYMH SECTOR: A SPECIAL MEMBERS MEETING

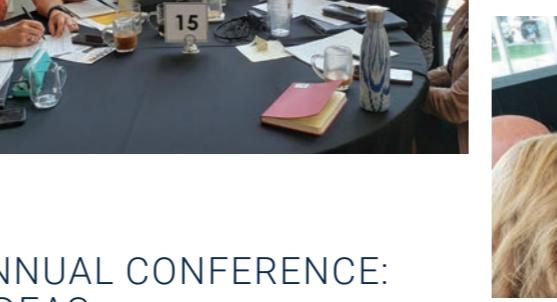
After 15 years of Liberal government, the June provincial election brought change at Queen's Park. To help our member agencies navigate our new government and new Ministry, CMHO invited Executive Directors and Board Members from our member agencies to a special meeting to discuss new opportunities for advancing child and youth mental health with the PC government. We heard from political strategy experts about how to approach the new government and brainstormed with our members about how to collectively approach the new government.

“timely, relevant and altogether very helpful...”

Heather Sproule, CYTS

“...one of the best meetings I have been at in my 28 years in the field...”

Michael Hone, Crossroads Children's Mental Health Centre



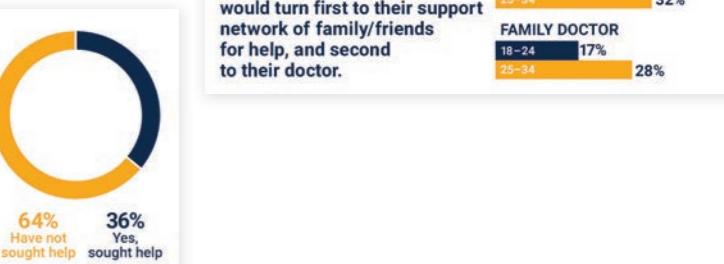
RESEARCH & POLICY



NEW CMHO RESEARCH

“Anxiety taking a toll on youth, survey finds.”

This was the headline on the front page of the Toronto Star after CMHO released the results of a survey we commissioned from Ipsos Reid. The results of the survey were powerful and surprising, and became the focus of our 2017 Report Card on Anxiety. This survey gained the attention of major media outlets across the province and attracted further debate in legislature about the state of child and youth mental health in Ontario.



2017 ANNUAL CONFERENCE: BOLD IDEAS

In November of 2017 over 600 delegates from across the country gathered for CMHO's Annual Conference: Bold Ideas. As Canada's largest conference for the child and youth mental health sector we welcomed professionals from hospitals, child welfare, education, primary care and more. Those in attendance were able to hear from the best in the industry on topics like advocacy, neuroscience, education and more.



FUNDING WIN FOR RESIDENTIAL TREATMENT PROVIDERS

Because of the collective advocacy work of CMHO and our members, \$2.7M in funding was provided for residential children's mental health treatment agencies to offset the costs to agencies related to the minimum wage increase granted by Bill 148. This win came after months of consultations between CMHO, our member agencies and policymakers.

ADAPTING TO THE REGULATION OF PSYCHOTHERAPY IN ONTARIO

On December 30, 2017, the government proclaimed into force the controlled act of psychotherapy. While there was a 2-year transition period for the act to come into force, this caused a lot of concern for our members. CMHO has worked tirelessly to gather your concerns and bring them to key policy makers. To help our agencies ensure a smoother transition, CMHO developed and distributed a member toolkit.

